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# Introduction to Shadow Yoga Weekend Workshop

**14-15 August 2010**

**Saturday 14 August 2-4 pm**

**Sunday 15 August 9-11 am**



This two day workshop with Natasha Almeida will present the foundations of Shadow Yoga theory and practice and is suitable for those new to Hatha Yoga or coming from other Hatha Yoga styles.

**Cost: \$75**

**Bookings: call 8230 0310 or email [info@hathayogadesha.com.au](mailto:info@hathayogadesha.com.au)  
[www.hathayogadesha.com.au](http://www.hathayogadesha.com.au)**